



# CaseMate

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## Army Contracting Agency activities integrate

BY PATRICIA RADCLIFFE

CASEMATE STAFF WRITER

Just as it is difficult, if not impossible, to organize a group of people who speak different languages and are used to varying cultures, it can be difficult to consolidate a conglomeration of Army contracting activities into an effective, efficient entity.

Communication is what the Honorable Claude M. Bolton, Jr., emphatically considers the “key ingredient” in his management strategy. He is the assistant Secretary of the Army (Acquisition, Logistics and Technology) who is responsible for the Army Contracting Agency (ACA). “We are basically moving information ... As a result, we can give resources direction and policy. I have found that if something is not going right, nine times out of ten, it’s [lack of] communication,” Bolton said.

Army Contracting Agency was activated as a field-operating agency Oct. 1 of last year. Bolton spoke at an ACA Integration Ceremony that took place at the Renaissance Portsmouth Hotel and Waterfront Conference Center in Portsmouth Nov. 6.

ACA’s mission is to provide command and control of regional and installation contracting offices: the Army information technology, e-commerce and commercial contracting center (ITEC4) and contingency contracting functions.

### Pooling resources

Bolton began working for ACA two years ago. “I take no credit for this restructuring. The leadership before I arrived decided that they wanted to take contracting and make it better for the Army. We thought one way to do this was to consolidate resources and brain power and focus it on the question, ‘Could we provide better service to the customer?’,” Bolton said.

This time of austere resources has necessitated the change. “It’s not just us; because of the [decline in] the gross domestic product, our funding is going down – all of DoD funding is going down. So, it’s incumbent on us to figure out how to do what we do, in this case,” he said.

On Oct. 1 of this year, all Army installations’ contracting offices were assigned to the ACA. The agency consists of two subordinate regions within the continental United States (North and South), the ITEC4 and five regions outside the continental United States, and contracting commands or elements, with three commanders and eight directors reporting to the director of ACA.

“The real question is, ‘how do we do more  
(See CONTRACTING, Page 3)



Photo by Patrick Buffett

**Col. Geoff A. Silk, dean of TRADOC’s Foreign Liaison Office and British Army representative, will be among those honored here during International Day Nov. 25.**

## Fort Monroe provides home for global force development effort

BY PATRICK BUFFETT

CASEMATE STAFF WRITER

In most respects, Building 139 on post is identical to its neighbors inside the moat.

The brown brick exterior and the pale blue and yellow hues within are reminiscent of typical Army architecture and décor.

An ascent to its third floor, however, reveals an aspect of this building that’s not only unique to Fort Monroe, but the entire Army. Here, a multitude of languages are spoken. Door plaques herald the presence of delegates from Australia, Italy, Spain and a dozen other countries around the world. And words like “ally” and “coalition” go far beyond political rhetoric – they’re terms that drive the daily workflow.

“It’s about partnerships,” said Col. Geoff A. Silk, British Army representative and dean of TRADOC’s Foreign Liaison Officers. “Much like my colleagues, I’m here to get a first-hand look at what the U.S. is doing in the way of force modernization. Conversely, we’re also here to share lessons learned by our forces.

“Putting it a bit more blunt,” Silk added, “when the chips are down we must be prepared to fight alongside the USA, and we can’t accomplish that without a certain amount of interoperability and common training standards.”

To stress the importance of the liaison officer (LNO) mission, TRADOC will host its 9th annual observance of “International Day” Nov. 25. A 10 a.m. ceremony at the Bay Breeze Community Center will mark the event.

“The LNO mission is extremely important to us,” said Maj. Gen. Raymond D. Barrett, Jr., Deputy Chief of Staff for Operations and Training at Monroe. His organization is responsible for providing support for the liaison officers’ program. “We recognize future conflicts will be conducted in a joint, multinational setting, and partnership with our allies is critical to the development of our Army’s future force.”

There are also certain concepts and technologies — the unmanned aerial vehicle, for  
(See LIAISON, Page 10)

**Stars overpower  
Stripes 21-8  
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# Commentary

## Chaplain's corner

# Thanksgiving should be every day

**“Give thanks to the Lord, call on his name; make known among the nations what he has done. Sing to him, sing praise to him; tell of all his wonderful acts. Glory in his holy name; let the hearts of those who seek the Lord rejoice. Look to the Lord and his strength; seek his face always. Remember the wonders he has done, his miracles, and the judgments he pronounced.”**

Thanksgiving Day is a special day of the year. If you are like me you look forward to this day, because this is one of the few days in the year where family and friends get a chance to gather around to celebrate another year of good fortune. Yes, that is exactly what it is — a day of celebration as we look back over the year to thank God for the many blessings he has bestowed on us throughout the year.

When hurricane Isabel touched our community and homes, many of us lost possessions due to flooding. We lost our sense of direction, and we were trying to make sense of what had happened, but through it all, we survived. Many of us discovered a new presence that was with us during our hard times and for

this reason some folks acknowledge that they were not alone, and it was God who provided strength and restored order to what was, at the time, chaotic for many. There is much to be thankful for as we gather as a community to give thanks for all God has done in allowing us to see another season.

Coming together as a community and nation is not something new, for we read in the Old Testament in Exodus 23:14-19 during the Feast of Weeks the nation of Israel was summoned to set a time aside each year after the harvest to offer back and give God thanks for his bountiful harvest. We, as individuals and as a community and nation, should remember our soldiers in our prayers on Thanksgiving Day as they fight for our freedom and the freedom of the world. They are away from family and friends, and we should thank God for them and the sacrifice they make for our liberty, which as society, we often take for granted.

Thanksgiving can be celebrated everyday, and you don't have to wait until a certain of the year to celebrate this wonderful holiday.

Here are a few reasons you ought to celebrate Thanksgiving everyday.

**First, thank God for your**

**family.** You may not live in the best family situation, but at least you have a family; and remember, there are no perfect families. All families have defects, and we learn to live and love the family God has given us.

**Second, thank God for your friends.** Friends are precious, and we need them in our lives to help through the tough times.

**Third, thank God for your health.** Yes, there are aches and pains, but you still have reasonable health and can function. There are many who would gladly accept your aches and pains so long as they are able to walk and do for themselves.

**Fourth, thank God for your job.** Paychecks put food on the table, clothes on your back, and a roof over the heads of you and your loved ones.

**Fifth, thank God for the freedom to worship** at a worship center or favorite places in or outdoors where you can go and worship God as you please. There are many places in the world where individuals do not have this kind of liberty.

**Sixth, thank God for this country** and for what it stands for: liberty and justice for all. We enjoy basic freedoms that people in other countries can only dream about.



**Chaplain (Maj.) Wilbert Harrison  
Deputy Post Chaplain**

In conclusion, I would like to share a Thanksgiving Prayer by Samuel F. Pugh that says it all:

*“O God, when I have food, help me to remember the hungry;*

*When I have work, help me to remember the jobless;*

*When I have a home, help me to remember those who have no home at all;*

*When I am without pain, help me to remember those who suffer;*

*And remembering, help me to destroy my complacency; bestir my compassion, and be concerned enough to help;*

*By word and deed, those who cry out for what we take for granted. Amen.”*

## Letter to editor

# Human resources employee warns of identity theft from resumes'

One of the more popular topics covered recently in the media is identity theft. The media story notes the usual and predictable sources where identify thieves get their information. A most lucrative source for identity theft has not yet been covered to my knowledge — job seekers resumes. After 12 years of full-time practice in the Human Resources and Recruiting Industry (three as a government contractor), I have noticed an alarming increase in the number of resumes with personal information, which has nothing to do with job skills or experience.

Commercial resume software programs offer wonderful formats and resume building tools to job seekers. Retirees leaving the military use a software program that assists them in building a resume with their military career details. The frightening aspect is some of resume building tools are providing a venue for job seekers to include information that should never be included. As an HR manager, it is disconcerting that so many military resumes I receive have Social Security numbers and salary histories on them.

I have written the following article on the dangers of including personal information in

resumes. Your readers should be interested in this story's warning, whether they are actively hunting for a new job, or passively placing their resume out on internet bulletin boards.

*Respectfully,*  
**Dawn Boyer**

## Does your resume give identity thieves a roadmap?

**BY D.D. BOYER**

Job seekers are eager to give information in resumes to obtain interviews, but they don't realize too much information can provide opportunities for identity thieves. As a human resources manager, I've noticed a trend of job seekers adding unnecessary information to resumes. Social Security Numbers and marital status have nothing to do with an applicant's skills or ability to do a job.

Most job seekers have not thought of how many strangers will see their resumes in today's electronic world. Here's an example of how personal information can spell trouble.

John Doe goes to a job fair where 50 - 60 com-

panies are recruiting and shares his resume with 35 businesses. Each business has one to two recruiters at their booth enabling about 60 people to see John Doe's resume. Many companies now scan resumes into databases so hiring managers (or anyone else in the company) may view the resumes electronically. Let's assume 10 of the companies use electronic scanning and at least five staff members in each company review the resume in the electronic database. That's at least 50 more people screening his resume. John Doe's resume has the potential for review by over 100 people.

John Doe put his Social Security Number and marital status on his resume, along with his address, telephone number, and his salary history. This gives identity thieves all they need to fill out credit card applications. The thief gives a fake post office box address to the creditor to mail the bills. John Doe realizes his identity was stolen 90 - 120 days later when he starts getting calls from collection agencies. He may still be looking for a job, but now he's in bigger trouble because his credit record is ruined, and  
**(See IDENTITY THEFT, Page 3)**

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# CONTRACTING

(Continued from page 1)

with fewer people? The workload is going up and the workforce is going down because of funding,” he said. Bolton has hired very few people during the time he has been on the job. Instead, he is depending on anticipated attrition to “right size” the workforce.

“It’s important, since we are losing people and expertise, to do the job better. It has gone extremely well so far. The true proof of the organization is how you respond during time of war. We have to learn to do things faster and cheaper. [Integration] is a tool for doing this.

“As a contracting officer, I probably would not talk to anybody. As long as I was answering to the commander, why should I talk to anyone to find out better ways of doing business?” Bolton asked. This integration of activities beneath one umbrella should help open the lines of communication thereby reducing duplication of effort.

If it had not been for opening the lines of communication within the organization, certain advancements would not be taking place. For example: “We would not have put together a number of purchases into a blanket purchasing agreement which allows me to combine a lot of requirements and then present that to the business world. I have a quantity of large demands instead of separate demands. With separate demands, I, as a contractor, can charge different commands differ-



Photo by Patricia Radcliffe

**(l-r) Sandra Siebert, director of the Army Contracting Agency, Col. Victoria Diego-Allard and Hon. Claude M. Bolton, Jr. after completion of the ACA integration ceremony, Nov. 6.**

ent prices. Here, we get a chance to look at the best price for everything. The result is that the overall price is better. It’s good from a people standpoint, sharing information standpoint, business practice standpoint, and for saving money,” Bolton said.

Bolton discussed Fort Monroe’s gains from having the Northern region headquartered here. “At the

Futures Center, it seems to me you need to have a strong tie with the acquisitions community, which includes contracting, logisticians and science and technology. So, when you come up with requirements, it is not done in a vacuum.” He pointed out that if decisions are made for requirements without involving the acquisitions community, there could be conflicts because

of the inability to comply with requirements. “In that respect,” he said, “there would be the financial impact and the impact of just doing the mission (i.e., getting things from the idea to the field quickly).

“The contract is the vehicle. We can make all the great documents and promises we want, but if you don’t contract for it, it won’t work. A good example is the Future Combat System. The largest, most expensive system the department of defense has ever created is being done by the Army. When we were at Monroe over a year ago, everybody was in the same room – I had people from Monroe and Knox; acquisition types, quota managers, logisticians contractors and testers there. We all wanted to support – we don’t write the requirements, but we wanted to support those that do by giving them ‘what ifs’ so that when we have a finished product it is something we can all march on to.”

During the Nov. 6 ceremony a total of five flags were integrated: Army Contracting Command-Europe; Army Contracting Command, Southwest Asia; Army Contracting Command, Korea; Army Contracting Element, Southern Hemisphere and Army Contracting Element, Pacific.

Headquarters, ACA, Army Contracting-Northern Region, Army Contracting Southern Region, and Army ITEC4 flags were also on display during the ceremony.



Photo by Patrick Buffett

**‘Get Fresh Crew’ ... Rick Williams of Progressive Painting touches up a wall within the ground-floor offices of Bldg. 5 Nov. 20. Brother and sister team Kevin and Voletta Roberts own the company. They said they call themselves the “Get-Fresh Crew” because they’ve been contracted to “freshen up everything at Fort Monroe,” or at least those areas damaged by Hurricane Isabel.**

## New Sergeant Major of Army named

BY SPC. BILL PUTNAM

WASHINGTON (Army News Service, Nov. 19, 2003) -- The top enlisted Soldier in Germany was named the 13th sergeant major of the Army Nov. 18.

Command Sgt. Maj. Kenneth O. Preston, the command sergeant major of the Germany-based V Corps since April 2001, was selected by the Acting Secretary of the Army Les Brownlee and Chief of Staff of the Army Gen. Peter J. Schoomaker to succeed Sergeant Major of the Army Jack Tilley.

Tilley is retiring from the Army Jan. 15 after almost 35 years of service.

Preston is also serving as the command sergeant major for Combined Joint Task Force 7

in Baghdad.

He has served in every leadership position from tank commander to corps command sergeant major since enlisting June 20, 1975.

As the Army’s top enlisted Soldier, Preston will be Schoomaker’s chief adviser on enlisted-related matters. He will travel extensively around the world meeting with Soldiers and their families, and observing Army training and operations.

He will testify before Congress on behalf of the Army, and sit on a wide variety of councils and boards that make decisions affecting enlisted Soldiers and their families.

Preston and his wife, Karen, have three children, Valerie, Kenneth and Michael.

## IDENTITY THEFT (Continued from page 2)

he now needs to fix his credit problems.

If John Doe applied at a company where a clean credit history is crucial for employment, or even a government clearance, this may ruin his chances for possible future employment in certain industries such as banking or finance.

It is best to leave personal information off a resume. In addition to providing needed information to identity thieves, it could potentially prejudice a recruiter’s opinion of your skills and abilities. Listed below are resume personal information no-no’s:

❑ Social Security Number — employers cannot ask for this until an employment offer has been made and accepted by the applicant.

❑ Marital Status or number of children — some recruiters believe a family prevents potential for working overtime, travel or certain types of jobs.

❑ Salary history — salaries give perfect information to identity thieves for credit applications, and you also want to avoid interview elimination based on your salary history.

❑ Pictures of yourself — avoid judgment on your abilities based on your looks.

Be very careful about personal information on resumes. Use the extra space wisely to expound upon your job skills and abilities to convince recruiters of your worth.

# News clips

## PX hours for holiday

All Fort Monroe exchange facilities will be closed for Thanksgiving, Nov. 27.

## MWR wants sponsors

Fort Monroe's Directorate of Morale, Welfare and Recreation wants sponsors for MWR's 2004 special events, to include the concert series. For more information, call Shae Inglin at 788-3296.

## Planning events for Black History Month

Soldiers, family members and civilian employees who are interested in participating in, or assisting with, the coordination and planning of Fort Monroe's 2004 observance of Black History Month programs in February, should call the points of contact below.

The theme for February is Brown vs. Board of Education (50th Anniversary).

Special commemorations and ethnic observances support the Army's equal opportunity goals and ethics. They highlight the contributions of groups and individuals to the Army and society. These commemorations are directed towards encouraging interaction and education - not just recognition. They should enhance cross-cultural awareness among military members, civilian employees and their families; promoting understanding, teamwork, harmony and pride among all groups of people, not just within the specific group being commemorated.

For more information, call Sgt. 1st Class Selvin Walker at 788-3363 or [walkers@monroe.army.mil](mailto:walkers@monroe.army.mil); or Donna Campbell 878-7265, 788-4721 or [campbelldr@monroe.army.mil](mailto:campbelldr@monroe.army.mil).

## Christmas Service

The annual German Christmas Service will be celebrated at the Chapel of the Centurion, Dec. 15, at 6 p.m. The public is invited. For more information about the service, call the German Liaison Office, Sgt.Maj. Lieske at 788-3639/2703.

## Curator to speak on Middle East deployment

The Historical and Archaeological Society of Fort Monroe will hold its 25th anniversary meeting on Dec. 3 at 11:30 a.m., at the Bay Breeze Community Center. Guest speaker Dennis Mroczkowski, Casemate Museum director, will discuss his recent deployment to the Middle East. For non-members the catered lunch will cost \$12.50 payable at the door, and reservations are required; contact David J. Johnson at 788-3935.

## Used cell phones wanted for fundraising

Transitions Family Violence Services is accepting used cell phones as part of a unique fundraising opportunity. For each phone collected, Shelter Alliance, a private firm located in South Florida, will directly compensate Transitions. All types of cell phones will be accepted, including bag phones. Through the Shelter Alliance program, local organizations can transform a cellular phone collection drive into a source of valuable funds.

All proceeds from the phone collection will help Transitions continue providing emergency shelter, transitional housing, 24-hour HOTLINE and a variety of support and self-sufficiency programs. Used cell phones may be dropped off every Wednesday between 9 a.m.-4 p.m., at 240 Chapel Street, Hampton.

Transitions Family Violence Services is the largest domestic violence agency in Virginia, providing comprehensive family violence services in Hampton, Newport News, Poquoson, and a co-provider of services for York County. The agency is a 501(c)3 non-profit organization and is fully certified by The United Way of the Virginia Peninsula and the Virginians Against Domestic Violence, a state consortium of domestic violence services.

For more information, contact 722-2261.

## Fort Monroe community invited to holiday activities in December

All military and civilian personnel and their families are invited to take part in the post's holiday activities to promote good fellowship and cheer. Mark your calendars for these events:

● **Holiday Tree Lighting Ceremony**, 6 p.m., Dec. 4, Cannon Park, across from post headquarters, Building 77. Sing-along favorites will be performed. Santa visit and refreshments follow the ceremony at the Fitness Center. Event is free to post employees and residents. No tickets are required. Phone 788-5962.

● **Holiday Decorating Contest**, Dec. 10, for quarters and offices. Awards will be presented at a community breakfast on Dec. 12. To participate, call 788-5962 or email [searless@monroe.army.mil](mailto:searless@monroe.army.mil) by Dec. 8.

● **Jingle Bell Run/Walk/Breakfast with Santa**, 8 a.m., Dec. 12, starting at Continental Park/gazebo and ending at the Bay Breeze Community Center.

Fort Monroe-wide participation is encouraged. Sleighs are permitted in the fun run/walk. Festive dress is encouraged. Prizes will be awarded for the best sleigh representing the spirit of the season. Breakfast costs \$3.50 per person. Pay at the door. Kids age 4 and under eat free. Phone 788-5962.

● **The U.S. Continental Army Band** will perform three Holiday Celebration concerts. The concerts will be held at Norfolk's Harrison Opera House, Dec. 12 at 7 p.m.; and at the post theater, Dec. 13 at 2 and 8 p.m.

The concert will feature the Concert Band, Jazz Band, the popular music ensemble



## Letters to Santa

Hey kids! The Fort Monroe Fire Department has a direct line to Santa. Drop your letters to Santa Claus in the specially marked box in front of the Fire Department by Dec. 20, and they will go directly to the North Pole.

Don't forget to put your name and return address on the letter.

"Crossfire" and the Old Dominion University Concert Choir.

The concerts are free and open to the public. Tickets can be obtained by going online to [www.tradoc.army.mil/band](http://www.tradoc.army.mil/band) and clicking on "free tickets" or by sending a self-addressed, stamped envelope to The U.S. Continental Army Band, ATTN: Tickets, 10 Bernard Road, Fort Monroe, VA, 23651. Please specify performance and number of tickets requested (limit 6). Guests with tickets are encouraged to arrive early. Unclaimed seats will be open to non-ticket holders 15 minutes prior to show time.

For more information, call 788-3620.

Clip and save

3X3 1/2 ECPI

3X3 1/2 Suburban  
Extended



Staff Sgt. Adam R. Irby puts the “Chief Cuddler” over a critical patient, in Baghdad, Nov. 18.

# Soldier from Yorktown invents life-saving device

BY SGT. MARK BELL  
372ND MPAD

(Baghdad, Iraq) – What do cardboard, plastic pipe, tape and a hair dryer have in common? Probably nothing, but add Staff Sgt. Adam R. Irby into the equation and you get an effective life-saving device proven in combat situations.

As the 25-year-old ward master, from Yorktown, Va., for the

Surgical Intensive Care Unit of the 28th Combat Support Hospital, from Fort Bragg, N.C., which is currently deployed in support of Operation Iraq Freedom, Irby said they needed something to warm patients who have lost a large amount of blood.

The result is a makeshift blue cardboard box, which resembles

(See SOLDIER, Page 15)

## Training ‘sizzles’ with customer-service tips

BY PATRICIA RADCLIFFE  
CASEMATE STAFF WRITER

Poppers exploded as the Disney and Beyond customer service presentation began for MWR personnel. This refresher training is based on Disney and Ritz Carlson customer service models. Cliff Whitehouse, chief of plans, analysis and training, provided training Nov. 18 at the Bay Breeze Community Center.

“If you were in your 1,000th performance of the Broadway musical “Cats,” what do you think would be the concerns of your audience? Would they want to know that you had a lousy day or that you weren’t feeling well?” Whitehouse asked. “No, of course not, they want to see a fresh performance,” he said.

He showed how Disney uses the stage analogy in its approach to customer service and in the way it treats its customers (guests) and employees (cast members). Ritz Carlson also refers to its customers as guests, but its employees are ladies and gentlemen – showing the respect one should have for external and internal customers.

Also emphasized was the importance of orchestrated positive experiences that come about by anticipating customers’ needs. “The main thing is to think like the customer,” Whitehouse said.

“The customer is not always right, but the customer is still the customer and holds the key to your success,” he



Photo by Patricia Radcliffe

**Disney begins everything with a celebration. So, Cliff Whitehouse remains true to that tradition as he prepares to set off a “popper” at the beginning of “Disney and Beyond” customer service training here.**

said.

For more information about available customer service training, contact Whitehouse at 788-4037.

3X3 Coastal

3X7 Bank of America

3X4 White Stallion





Photo by Sgt. Maj. Sieg  
*During the Nov. 16 German memorial ceremony; those pictured (left-right): Petty Officer 2 Class Marco Hülquist, Staff Sgt. Jan Lingelbach, Laura Lieske, Capt. (Navy) John Schamong, Lt.Col. Hans-Joachim Melchart, Rev. Dr. Lawson L. Byrd and Rear Admiral Hans-Joachim Stricker.*

## Many pay tribute to German war dead

BY LT.COL. HANS-JOACHIM MELCHART

Together with the German National Mourning Day, celebrated in Germany Nov. 16, the German community from the Tidewater Area, together with their guests, assembled in the Phoebe Section of Hampton National Cemetery for their annual Memorial Day Ceremony.

The German Army Liaison Staff at Fort Monroe and a delegation from the German Navy at HQ Allied Command Transformation in Norfolk, led by Rear Admiral Hans-Joachim Stricker, commemorated the fallen sailors from U-85, sunk near Cape Hatteras, and other German soldiers who participated in WW II.

The first ceremony took place in the early

1960s and has been an annual event for more than 40 years now. The dignified ceremony on Sunday was honored by delegations from the American Submarine Veterans, the Tidewater German American Society, and for the first time, the Fort Monroe Boy Scouts.

Additionally, Laura Lieske recited a German poem by Annette von Droste - Hülshoff, and a U.S. Army Continental Band bugler played Taps in honor of all who lost their lives in the wake of war.

In the light of the common struggle in the war against terrorism, the participants were grateful for the opportunity to take part in a traditional German American event of great importance.

## Deadline nears to send packages to deployed troops

BY SGT. 1ST CLASS MARCIA TRIGGS

WASHINGTON (Army News Service) – Christmas is about a month away, but individuals only have less than half that time to get their packages to deployed troops in time for the holidays.

The deadline to get packages to the Central Command area in time for Christmas is Dec. 4 by First Class or Priority Mail, according to the United States Postal Service.

The key to getting packages to deployed troops on time is not only meeting the deadline, officials said, but also making sure everything is spelled correctly, to include the recipient's full name, unit and address.

The best packages to mail are smaller ones, the size of a large shoebox, that weigh one to 20 pounds, said Navy Lt. Cmdr. Brian Lomax, the chief of Plans and Policy with the Military Postal Service Agency. Other rules to remember are that troops serving in operations Enduring Freedom and Iraqi Freedom cannot receive pork products, alcohol beverages, pornographic material or religious items against the Islamic faith, Lomax said.

The Department of Defense urges the general public not to send unsolicited mail, care packages or donations to service members deployed unless they are a family member, loved one or personal friend of a troop.

## Holiday season — not a time of joy for some people and their families

There are millions of people in America that aren't looking forward to the holiday season. These are people that have an addiction to drugs or alcohol.

Drug and alcohol addiction affects everyone in one way or another, whether as an addict, a friend or family member, or an everyday citizen that is charged with carrying some of the burden through tax dollars. Without a doubt addiction is the world's number one health problem, and is

the underlying cause for many other societal ills, including accidents, diseases, abuse and other criminal activity.

Guilt is a major component in the life cycle of addiction. As they become dependent on the chemical, they begin experiencing situations where they are doing and saying things they know deep down aren't right. They begin to lose their ability to control themselves. They become trapped in a vicious circle of using drugs, lying about it, stealing to support more drug use and at each turn the addict is accumulating memories of each these negative incidents.

The addict commits a negative action and he records a memory of that moment, which includes whomever he was involved with at the

time. The addict knows these negative actions are wrong and so feels bad about them after the fact. These memories of guilt can then get triggered in the present or future when he sees the people and places that were involved when the transgressions were committed in and feels bad about it.

In time these transgressions are committed more and more often and the people in the addict's life where these transgressions have occurred become "triggers" of the dishonest act or deed. The people, family members, loved ones and friend's appearance to the addict triggers the guilt. Family or friends don't necessarily have to say a word to the addict; just the sight of them can trigger the guilt. To avoid these unpleasant guilt feelings, the addict will use more drugs to insulate himself from the guilt. Addicts will also begin to withdraw more and more from friends and family as the transgressions committed increase in number. They will eventually pull away from the family, seclude themselves and/or become antagonistic towards those they love.

This is a scene that is far too often played out during the holiday season, which is when families often reunite. The display of negative emotions and the guilt from the past transgressions typically drives addicts to use drugs heavily during, or directly after, time spent with family, attempting to chase away the guilt.

According to Luke Catton, President of Narconon Arrowhead, "We see a substantial increase in number of people reaching for help this time of year and during the immediate weeks after the holidays."

To seek help locally, contact Bruce McFadden, post Army Community Service at 788-3510.

Also, check out [www.stopaddiction.com](http://www.stopaddiction.com), or call 1-800-468-6933. Narconon is one of the nation's largest rehabilitation centers.

(Article courtesy Narconon Arrowhead)

2X5 N.S. Train

2X4 Nat'l Mortgage

# Monroe youths demonstrate caring through local food drive



Photo by Patrick Buffett

**BY PATRICK BUFFETT**  
CASEMATE STAFF WRITER

Nine-year-old Devin Turner's flyer said it all: "We're doing a can food drive so we can give food to the people who don't have any. .... We're doing it because the people at the school-age-services don't want people to starve. So please be a part of this chance to save somebody's life and help our community."

With that simple plea and a few weeks of lugging around canned goods and other non-perishable items in backpacks, grocery bags and plastic sacks, the small after-school program that meets regularly at Fort Monroe's Community Activity Center was able to make a respectable donation to the local Salvation Army's Foodbank Nov. 18.

Louise Selby, supervisor of the social services division at the Salvation Army branch located near Bethel High School in Hampton, came to post to accept the contribution from the children. During her visit, she explained the many pro-

***Hunter Rhoades, left, and DeWayne Mack help load food donations collected by youths of Monroe's School-Age-Services.***

grams her organization provides to those in need, to include the foodbank and financial assistance services.

"I can't express enough how much we appreciate even the smallest of donations," Selby said at the end of her visit. "Every little bit means less money we have to spend during this time of year to feed hungry families."

The onslaught of Hurricane Isabel has made it a particularly tough year for the foodbank, Selby noted. Her branch processed 185 applications for assistance alone, and much of what they normally stock up in the way of food for the holidays was depleted.

"I think it's hard for us sometimes to realize how fortunate we are," Selby said. "In the blink of an eye, a parent could be laid off or a hurricane could come along and ruin our ability to put food on the table."

Selby also extended her thanks to the parents of the children in the SAS program. "This also reflects a great deal about them," she said. "It shows they're enforcing good values; that they're teaching their children what it means to help others. That sense of caring is what the Salvation Army is all about."

## Holiday rooms available for enlisted; signup deadline Dec. 2

Enlisted personnel, E-6 and below, assigned at Fort Monroe who can't go home for Christmas can take part in the annual Holiday Rooms Program (HRP). HRP arranges free lodging for their immediate family members at Peninsula inns. Families can have a reserved room at a participating hotel starting at 4 p.m., Dec. 24 until check-out at noon, Dec. 27.

HRP is sponsored by the Military Affairs Council of the Virginia, Peninsula Chamber of Commerce and its member innkeepers. The program is intended to provide one room per enlist-

ed person on a first-come, first-served basis.

Rooms are double bed, double occupancy, for use by no more than five people. The service member assigned to the room must arrange for cots or cribs with the hotel.

The Fort Monroe Public Affairs Office is responsible for coordinating all lodging requirements for enlisted personnel at this installation only and for answering questions regarding the required room registration form. Participants are required to fill out Part 1 (only) of the form and return it to the Fort Monroe PAO no later

than Dec. 2.

Part II of the registration form, which indicates the participating inn having the reserved room, will be completed by the PAO and given to participants on or around Dec. 12.

Forms are available at the Fort Monroe PAO, the HHC orderly room (temporarily relocated to the Building 28 (DPW), 318 Cornog Lane), command sergeants majors' offices throughout the installation and via command email notices.

For more information, call Earl Richards at 757-788-3205.

<div>2X3 NCOA Job Fair</div>
<div>2X3 K. Laundry</div>

<div>2X6 Bluefield College</div>
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<div>2X6 Troy State U.</div>
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# Getting ready to retire? Fort Monroe RSO answers questions

**BY PATRICIA RADCLIFFE**  
CASEMATE STAFF WRITER

Eileen Langston, post retirement services officer, provided answers to questions below. Langston has held her position as RSO since 1984 and has worked in the military personnel field since 1968.

***Is it a requirement that retirees have a local RSO?***

There is not a requirement that they communicate [with us], but our information is out there, as a matter of fact, in the Army Echoes. They really don't have a problem finding us.

***How many retirees are you responsible for?***

I have a population of about 6,600 retirees on my roster. Then you count spouses, former spouses, children, widows and widowers. If a person remarries and there are certain benefits they (former spouses) are entitled to, they are provided service also.

***What regulation governs retiree issues that RSOs handle most frequently?***

AR (Army Regulation) is 600-8-7, Retirement Services Program.

***What are your responsibilities?***

I do pre-retirement, retirement, post-retirement and casualty assistance – from the time they are thinking about retirement to the time they are actually gone.

***Do you work with TAP (transition assistance program)?***

I don't work with them. That's another organization that talks about things that upcoming retirees need to do.

***What would you do to prepare a person for retirement?***

Usually, they call me and ask, "What do I do?"

I refer them to the PAC (personnel assistance center) here on post. They will assist with the application for retirement.

Langston then queries a database to see if the names of people who have recently decided to retire are included. If these people have not called her within a reasonable amount of time,

then she tries to locate them.

When I find them, I set up an appointment depending on how close they are to retirement. I do a survivor benefits plan, which is mandated by law. And, I estimate their retired pay and spend about an hour with them and talk about  
(See RETIREMENT, Page 9)



Photo by Patrick Buffett

**Helping Dad ... Col. John Bone, DCSOPS&T, and his son, Andrew, 7, spruce up the front of their quarters Nov. 15 during the post's annual fall clean up.**

3X7 Air Force  
Service

3X7 Titan Corp



# RETIREMENT (Continued from page 8)

their benefits going into retirement (e.g., SGLI going to VGLI, their government insurance; VA benefits, dependency and indemnity compensation that can be paid if they die on active duty or with a service-connected cause; gratuity pay and their arrears of pay in the event of their death). That was pre-retirement.

Into retirement, any problems they have, having to do with their pay, with ID cards, vehicles, health care or any military-associated program, those in my area can call and ask about them. I can make some changes directly through the system (like, change their address if they move).

***What are some primary concerns of spouses?***

Once they are retired, I have spouses who want to know about benefits. “If something happens to him, what do I do? What do I get? And, how can I plan for that?” That usually happens when they start aging.

I do a lot of referrals, as far as the web is concerned. If you have access to the web, there are an awful lot of good military web sites to cover all these [retirement-related] areas.

A “my pay” account, for example, is a great tool because you can make your own changes right there. You don’t have to go into the pay center. And, I try to get those who are retiring to get into that.

***What is a retiree open house? When is the next one at Fort Monroe?***

What we’ve done for the last few years is have a brunch and have speakers come in. After the speakers, we go to the community activities center where various organizations have set up tables. We’re going to try that again. We’re planning the next one in April.

I have a retiree counsel that assists with this. They meet every other month and do an awful lot of work to get the open house together.

***What have former guest speakers at retiree open houses discussed and what topics might be addressed at the next retiree open house here?***

One of the key topics is health care. I always ask an active-duty speaker to talk about what’s going on as far as the forces are concerned in the active-duty arena. And, we’ve tried a few times to get a congressional representative, but that’s been very hard lately.

We usually get an organization to come in (like the Retired Officer’s Association, Non-Commissioned Officers Association or National Association of Uniformed Services) and talk about legislative affairs. Because, retirees need to know about whatever is going on in the legisla-

tive arena. So, two things that are always there are legislative and the active duty concerns. Other speakers depend on the kind of time we have and what happens to be the hot topic.

***If a retiree has a particular issue he wants covered at an open house, whom does he contact?***

One of the items on the comment sheet [at the open house] asks if there is anything they want to hear about.

***A concern that was in the news late last year was that there aren’t enough soldiers to conduct military funerals of retirees (buglers, soldiers to fold a flag and present it to a family member, etc.). Is that a problem in this area? How is it being handled?***

Whenever a widow(er) calls for casualty assistance, I give them the option to come in and let me help them with the paperwork, or I can send them the paperwork. The last option I give them is to have a casualty assistance officer come to them. It’s not really hard to get a casualty assistance officer, it’s just the time involved. And, by the time we get someone, I could have already helped the person, and the paperwork could have already gone forth.

I have the capability to send the paperwork right then, directly to the pay center through the computer as opposed to sending it through the mail.

***What does the casualty assistance officer do?***

They go to the house to complete the paperwork.

***If someone wanted a military burial, what would they do?***

They would have to coordinate that with their funeral director. As far as casualty assistance, we really can’t get anyone involved until we have a death certificate and by that time, you’ve already had your service. If you want honors, contact the funeral director who will ensure honors are provided.

It used to be that you had full honors for almost everybody. And, now it’s down to whatever happens to be available. And veterans can only have one or two representatives – one for the bugle and one other depending on how they want to do Taps.

***Where do they usually get the buglers?***

Our service requests go through Fort Eustis. If the VA is having a service, they might get someone to do it. One idea [the Army is considering] is to have a Reservist do Taps.

Langston said that retirees are welcome to call anytime. She has voice mail and hopes people will take advantage of it. “If my voice mail is on, I am busy briefing someone, and I can’t stop. I do a lot of one-on-one briefings,” she said. She checks her voice mail frequently and, if a volunteer is in, he answers the phone. Appointments are preferred. Call Langston at 788-2093 or email her at langstoe@monroe.army.mil.

## 4X8 Pt. Plaza

### Stop Loss keeps thousands of Soldiers in place

BY STAFF SGT. MARCIA TRIGGS

WASHINGTON (Army News Service, Nov. 19, 2003) - Soldiers assigned to units that have been selected to participate in the second rotation of Operation Iraqi Freedom and the fifth rotation of Operation Enduring will not be allowed to voluntarily leave the Army or change duty stations under the most recent approved “Stop Loss and Stop Movement” program.

Acting Secretary of the Army Les Brownlee approved the implementation of the Active Army Unit Stop Loss/Stop Movement Program Nov. 13. Soldiers in affected units will be subject to Stop Loss/Stop Movement 90 days before their

(See STOP LOSS, Page 15)

# LIAISON (Continued from Page 1)

instance — in which America’s allies have invested much time and energy, Barrett noted. “By gaining those insights, we may save experimentation resources and dollars.”

“It’s a tremendous give and take relationship,” said Col. A. H. Wolters, Netherlands Army Liaison and deputy dean of the LNO program. “We have been part of the LNO mission for 35 years. It is as important to us today as when we stood shoulder-to-shoulder guarding borders during the days of the Cold War. We have a long history of friendship and cooperation with the U.S.”

Considering the size of the army in Wolters’ home country — which has a population of roughly 15 million — and its relatively small operating budget (compared to the U.S.), he said there’s great interest in what our Army is able to accomplish with Transformation concepts like the Future Combat System and network-centric warfare. “It is beyond our operational budget to explore these programs on our own, so we look to the U.S. forces for development in those areas.

“We must invest wisely in those systems that will keep us compatible with our allies,” Wolters said. “This approach will also continue to improve our interoperability.”

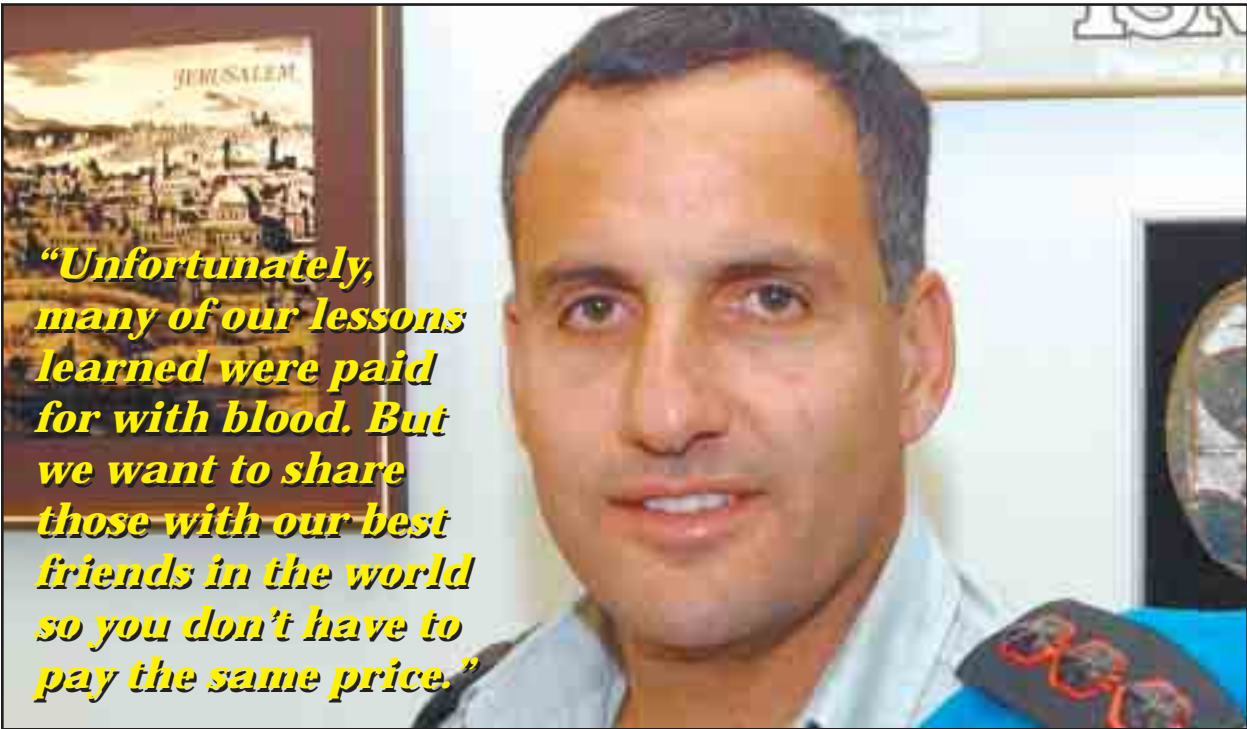
As an example, Wolters made note of the Netherlands’ contributions to the global war on terrorism and Operation Iraqi Freedom. Shared technology helped them fit seamlessly into the coalition efforts.

Even a larger force with more defense dollars to spend needs an “azimuth check” to ensure its force modernization efforts are consistent with those in the U.S., according to Col. Josef E. Schuler, senior liaison for the German Army. “We too are transforming our force and building medium brigade units to address asymmetric threats,” the colonel said. “Therefore, we share a great deal of interest in the Stryker brigade and the rapid mobility concepts.

“We also understand the disruptive nature of



Col. A. H. (Ton) Wolters, Netherlands LNO



Photos by Patrick Buffett

Col. Shalom Levy, Israeli Liaison Officer

today’s battlefield and see the need for greater situational awareness,” Schuler said. “It’s most important that we’re speaking a common language and working toward the same future.”

Schuler’s liaison duties also include oversight of a 40-member contingent of German LO’s, military advisors and instructors spread throughout the Army. Some are in classrooms — to include the U.S. Military Academy, West Point — sharing insights on tactics during leader development courses. Others are among the teams of allied nation LOs lending their technical expertise to professional development schools and training centers.

Making reference to the “political unrest” that occurred during the onset of the War on Iraq, Schuler said he hopes realization of Germany’s role in our training programs will “set the record straight” about his army’s sentiment toward the U.S.

“The German nation has not forgotten what your nation has done for us,” he said. “The U.S. Army still is our utmost important strategic partner and will continue to be so in the future.”

“I am deeply convinced today’s and tomorrow’s challenges demand intensified cooperation,” Schuler said. “And I think it is of paramount importance for us in the military forces to seek and keep close shoulder-to-shoulder contact in order to win the war on terrorism.”

Barrett echoed that sentiment during his discussion of the LNO mission. He said the lessons learned from the various liaison countries has “contributed greatly” to the successful training of U.S. forces ramping up for Operation Iraqi Freedom.

“We are very proud that we have been able to contribute to that effort,” said Col. Shalom Levy, Israeli Liaison Officer. “One of the most important things I think we bring to the table is our extensive experience in dealing with terrorism.

“Unfortunately, many of our lessons learned were paid for with blood,” Levy added. “But we want to share those with our best friends in the world so you don’t have to pay the same price.”

Referring to an earlier phone call during which he was able to provide some helpful insights about anti-tank mines, Levy said it’s the largest part of his LNO mission. He also held up a military manual used in one of the leadership development courses at Fort Leavenworth, Kansas, and made note of some of the content that was contributed by the Israeli Army.

“We, in return, are benefiting from your experience with digitization and Land Warrior,” Levy said. “It is a very productive environment, and I am very proud to represent Israel in such a positive manner.”

Looking to the future, Levy said he has little doubt that future conflicts will resemble the situations in Afghanistan and Iraq rather than large force on force skirmishes. “We are all dealing with the same threats of terrorism,” he said. “We must stress new technology to protect our troops and the importance of flexibility and agility. For that reason, I would say the U.S. Army’s Transformation effort is very much on the right track.”

Reshaping leader development training and placing extra emphasis on “warrior ethos” are also among the aspects of Transformation the LNOs said they admire most. In the Netherlands, the “all-conscript” Army came to an end roughly six years ago; and, according to Wolters, his forces are using part of the U.S. model to develop “professional soldiers” who are fully prepared for the joint warfighting environment.

Silk highlighted the TRADOC commander’s recent emphasis of warrior ethos, and called the move absolutely “spot on.”

“It’s something we’ve recognized among our forces as well ... large numbers of lads who can’t



Col. Josef E. Schuler, German LNO



disassemble a weapon or read a map in the dark,” Silk said. “When your Marines are asked, ‘what are you?’; they respond, ‘I’m a Marine.’ But we ask that question among other services and they say, ‘I’m an engineer or a medic.’”

“I think all of us need to develop a similar approach that we’re soldiers first,” Silk said. “We never again should see a situation like Iraq where soldiers said they couldn’t defend themselves because they were only mechanics or truck drivers.”

While those are only a handful of the shared

experiences and lessons learned as a result of the LNO program, they’re indicative of its importance to not only Headquarters TRADOC but also the U.S. Army and its sister services.

It should be noted that there are 22 U.S. Army officers performing similar duties with the armies of England, Turkey, Spain, Korea, Japan, Italy, Israel, Germany, France and Canada. Foreign army LNOs are also attached to the U.S. Marine Corps and Air Force.

“I suppose some may question, ‘why here? You LNOs are terribly expensive after all,’” Silk said.

“And we probably could monitor your force development activity back in the U.K., given the internet and other electronic media. But it would lack that level of personal communication — the eye-to-eye contact. I think we would also lose some of that sense of commitment by the U.S. forces.”

Wolters agreed, adding: “This program is meant to be at TRADOC. This is the focal point of the Army’s future development. It’s where training and accessions are shaped. This is truly the place where it all happens.”

# TRADOC Foreign Liaison Officers



**Col. Wesley Volant**  
Royal Australian Army  
Infantry Corps



**Col. Geraldo Gomes De Mattos, Filho**  
Brazilian Army  
Field Artillery Officer



**Lt. Col. Richard Ian Ryder-Burbidge**  
Canadian Forces  
Armor Officer



**Col. Vladimir Striz**  
Czech Republic Forces  
Cavalry Officer



**Col. Gilles Martin**  
French Army  
Infantry Officer



**Col. Josef E. Schuler**  
German Army  
General Staff



**Lt. Col. Taxiarchis Sardellis**  
Hellenic Army  
Infantry Officer



**Col. Shalom Levy**  
Israeli Army  
Artillery Officer



**Lt. Col. Antonio Coppola**  
Italian Army  
Infantry Officer



**Lt. Col. Toshiya Takahashi**  
Japan Ground Self  
Defense Force  
Artillery Officer



**Col. Tae-Ho Lee**  
Korean Army  
Armor Officer



**Col. A. H. (Ton) Wolters**  
Royal Netherlands Army  
General Staff



**Lt. Col. Manuel S. Herraiz Martinez**  
Spanish Army Signal  
Officer



**Col. Zeki Gurcan**  
Turkish Army  
Artillery Officer



**Col. Geoff A. Silk**  
British Army  
Infantry Officer



# Sports & Health

## Stars overpower Stripes 21-8 in second contest

**BY PATRICK BUFFETT**  
CASEMATE STAFF WRITER

Running its entire lineup through the batter's box in the sixth inning, the Fort Monroe Stars annihilated the enlisted Stripes, 21-8, here Nov. 7 during the second softball match-up between the post's highest three officer ranks and its top two enlisted grades.

Destined to become a tradition at Monroe, the inaugural S&S softball game was played in June during TRADOC Organization Day. During that contest, the Stars toppled the Stripes 12-9. A bit of healthy trash-talk after the game labeled the officers as "lucky" and the enlisted squad as "a bunch of old-timers." It was all in good fun, but, deep down, the NCOs vowed sweet revenge.

"It was really a great game up until the end of the fifth inning," Stripes starting pitcher, 1st Sgt. Pablo Diaz, said of the Nov. 7 contest. "That's when the Stars realized that unless they did something drastic they would end up losing."

Diaz also has a theory about a holographic image of TRADOC commander, Gen. Kevin Byrnes — who wasn't available at game time — appearing in the Stars dugout in a "Field-of-Dreams" sort of haze to advise his team to "get busy real quick, or they would be looking for new jobs." Odd, but interesting ...

"Actually, there's not much I can say except, perhaps, we had a little luck on our side," said Maj. Gen. Robert W. Mixon. He was the first at-bat at the top of the sixth. Placing a respectable baseline single into left field, he became the point man for a hitting spree that brought in 11 additional runs, thus destroying any hope for a Stripes comeback. Col. Perry D. Allmendinger, post commander, scored twice during the inning, as did Col. Matthew Murphy.

The Stripes were not without their shining moments, however. TRADOC Command Sgt. Maj. Anthony Williams opened the bottom half of the first inning with a solid single to center.

Diaz later brought him home on a left-field double. Sgt. Maj. Dana Carrier, Master Sgt. Mike Bjorklund and Diaz also tagged up in the inning, putting the score at 4-0.

The Stars rebounded in the second with a seven-run drive led off by Murphy. He was the only player with a perfect batting average — 5-for-5 at-bats — in the game. Allmendinger and Col. Peter Zielinski, both 4-for-5 at bats, and Murphy also rounded the circuit in the third accounting for the remaining three points on the Stars side of the scoreboard.

Other score-makers for the Stripes include Master Sgt. Mitchell Brown who was brought home on a single by Williams in the bottom of the second. Bjorklund, Command Sgt. Maj. Anthony Browning and 1st Sgt. M. J. Lewis were the last to contribute runs to the NCO's side of the scoreboard in the bottom of the third.

"It was a great game," Williams said, summing up the contest. "Getting these two groups together to do something like this simply cannot be measured. I'm just sorry the TRADOC commander could not be there to take part in the game because I know how much he wanted to play."

"The officers' team did really great, especially in two innings of the game," the sergeant major added. "We fought back as gracefully as we could, but simply got too far behind to catch up and win. What a way to end a long work-week!"

Allmendinger referred to the game as "another great opportunity for old men and women to relive their youth." Also a bit tongue in cheek, he added, "Can't wait until next year when, once again, we plan on showing the NCOs who's the boss."

"All in all, this was another opportunity for some tough competition and good fun between two great teams," Col. Orley H. Johns, assistant chief of staff for TRADOC, said afterward. "We're definitely looking forward to the next game."



Photo by Patrick Buffett

**Stars first-baseman Maj. Gen. Robert W. Mixon connects with a pitch in the third inning of the Stars vs. Stripes softball game Nov. 7 at Colonial Field on post.**

## Seniors 'swim' through Monroe instructor's fitness program

**BY PATRICIA RADCLIFFE**  
CASEMATE STAFF WRITER

"We're going to backstroke over to Fort Monroe. We are swimming across Mill Creek. Let's backstroke, backstroke, backstroke; now breaststroke, breaststroke, breaststroke," Jeanette Coffman said as she waved her arms demonstrating "air swimming."

Coffman uses swimming movements to help increase range of motion and overall strength in residents of the Shelton-on-the-Bay assisted living facility on Mallory Street in Hampton. "Since the facility overlooks Fort Monroe, we imagine we are swimming to it," Coffman said.

She teaches strength yoga for seniors twice a month at the facility. "Jeanette has the kind of energy that says to the residents, get up and move; she makes it fun," Mary Cordaro, administrator of the facility, said. "Residents are more alive and look forward to her coming."

She is invaluable."

"This whole thing started when I took training from Yogafit; one of their requirements to re-certify is that you must do several hours of community service," Coffman said.

She wondered where she should do the community service and realized that she drove past Shelton-on-the-Bay everyday. "So, I decided to stop in there and talk to the director and asked if she would be interested if I came in and worked with the residents. And she said, 'Oh, yes, great!' So, we got the calendar set up for me to come in and do the community service. And, that was three years ago."

"After I had completed the hours, I had seen so much improvement in their physical and emotional health, and I got to know them personally; so, I decided to continue coming."

"It's evolved a little bit. I started out doing more yoga because it was yoga that I was working with. It's

kind of a blend that I do with them now. We do a lot of yoga breathing, and posture moves to help them with sitting up tall. And, we work on strengthening exercises with bands and balls (we work on squeezing the rubber balls for hand strength). I get them up for balance moves, and we do things on the wall like wall pushups and wall squats.

(You use the wall as a support and just slide down the wall and slide back up.) It's a great strengthener for the legs."

There are usually about eight to 10 participants in the core group. "We do a variety of different things, but I focus on things to keep them functional. Like we push up in the

(See SENIORS, Page 13)



Contributed Photo

**Jeanette Coffman of the Fort Monroe Fitness Center coaches Ed Ross, and other residents of the Shelton-on-the-Bay assisted-living facility, through a "Yogafit" workout.**

## Sports Shorts

### Thanksgiving bowling

A Thanksgiving Day, 9-pin, no-tap tournament is being held Nov. 27 at the Fort Monroe Bowling Center

Registration begins at 6 p.m., followed by bowling at 7 p.m.

The event is open to all ages. Competition will be divided into three categories — men, women and youth. Entry fee is \$15, with just over half that going to the prize fund.

For information, call 788-2939 or email: [bowling@monroe.army.mil](mailto:bowling@monroe.army.mil).

### Jingle Bell Run

A holiday tradition continues at Fort Monroe Dec. 12, with the annual Jingle Bell Run scheduled to begin at 8:30 a.m., at Continental Park.

All military and civilian employees and their family members are invited to participate. The uniform is “non-standard holiday PT attire and costumes.”

Each participant will receive a jingle bell at the end of the run.

### Williamsburg walks

Peninsula Pathfinders of Virginia is sponsoring a series of day and night walks through historic Williamsburg.

The 11K (6.8 mile) day walks are scheduled for Dec. 13 and 14. The night walks are 10K (6.2 miles) and will be conducted Dec. 12 and 13. The start point is at the Clarion Hotel, 500 Merrimac Trail. The day walks begin at 8 a.m. and must be completed by 4 p.m. The night walks begin at 3 p.m. and must be completed by 9 p.m.

There are varying levels of regis-

tration fees depending on whether the participant wishes to receive American Volkssport Association credit. Event awards are limited to those who pay a registration fee. Participants may also walk the trail for free.

For more information, contact Shirley Boyd at 722-5637 or email: [walksboyd@aol.com](mailto:walksboyd@aol.com).

### Military night at HU

Hampton University is sponsoring “Military Night,” Nov. 29 when the HU Pirates take on the Rams of Virginia Commonwealth University. Tip-off is 7 p.m. at the Convocation Center on campus.

The special ticket price is \$5 for anyone with a military ID.

### Hoops for cure game

The Old Dominion University Lady Monarchs will be playing for more than a victory on the court Dec. 7 at 2 p.m. when they take on national power North Carolina at the Constant Center. They will also be playing for a cure.

Tickets for the game are \$13. For every ticket sold by area hospitals and the Susan G. Komen Breast Cancer Foundation, \$6 will go to the foundation. Tickets may be purchased by calling 490-7794.

### Fishing tournament

The “Rock Around the Clock” SeaGull Pier Rockfish Tournament is scheduled for midnight to midnight Nov. 29 at the Chesapeake Bay Bridge Tunnel. Registration fee is \$5 for adults. Youth aged 16 and under can participate for free. More information can be found on the internet at [www.strippedbassworld-championship.com](http://www.strippedbassworld-championship.com).

## SENIORS (Continued from Page 12)

chair (she demonstrated using her arms to push herself up and out of a chair). This strengthens the triceps, but also helps you to be able to get up and down.

“I go twice a month, every other, Wednesday. Now, they ask me for exercises they can do on their own. I encourage them with things like ‘every time you go up and down the hall you can do some wall push ups.’

“It’s very convenient. And it’s a small assisted living facility. They also work on a small budget, so they don’t have the means to have someone on the staff do this type of work.

“I keep doing it for them and for me – because they enjoy it so much, and I see the changes in them. It’s one of those things where I’m receiving as well as giving. After I completed those hours of community service, I said that there was just no way I could quit doing this. I’ll probably do it forever.”

Cordaro said that she is impressed with the way Fort Monroe reaches out to the community

because “most organizations only take care of their own.”

Coffman also expressed her opinion of the post’s relationship with those outside its gates.

“I think it’s important for us (Fort Monroe) to have contact with that part of the community. We have seniors that come in here (the Fitness Center) as well. When I go over there and say, ‘here I am from Fort Monroe,’ some of them have military backgrounds and they seem to feel more comfortable.

“They talk about coming to Fort Monroe for things like the concerts at the gazebo. They have contact with Fort Monroe, they like Fort Monroe and can look out of their back door and see Fort Monroe. So it’s a part of them physically, instead of being just a ‘thing’ across the water.”

*(Editor’s note: For more information about volunteering at Shelton-on-the-Bay, call Mary Cordaro at 723-6669. Right now, they need volunteers who are willing to cut up and remove trees downed by Isabel.)*

3 X 14  
Freedom  
Stores



# Moat notes

## Craft shop holiday open house — Dec. 9

The Fort Monroe Frame and Craft Shop will have a Christmas open house Dec. 9, from noon - 7 p.m. Stop by and register to win gift certificates for the shop. There will be a drawing for a decorated Christmas tray; and Christmas goodies will be available. Selected merchandise will be marked down - all prints in stock will be 10 percent off except for the Fort Monroe aerial view. All greenware in stock will be 25 percent off, and all bisque in stock will be 10 percent off.

## Thanksgiving dinner at Bay Breeze Center

Thanksgiving dinner will be available at the Bay Breeze Community Center, Nov. 27, from 11 a.m. - 3 p.m. Menu includes roast turkey, mushroom stuffing, roast beef, fried chicken, candied sweet potatoes, mashed potatoes and gravy, green beans with almonds, vegetable medley, fruit and salad bars, fresh baked rolls and breads, pumpkin and sweet potato pies, assorted cakes, coffee, tea and hot apple cider.

Cost is \$18 for adults; children 5-11 are half price, and 4 years and younger are free. Reservations are suggested. Call 788-2406.

## 'Boots n' Booties' for expectant parents

The Soldier and Family Support Center will host a Boots n' Booties Program Dec. 2, from 1 - 4:45 p.m. This program is designed to assist expectant parents in preparing for baby's arrival. New parents will also find the program helpful. Subjects to be addressed include infant growth and development, budgeting for baby, car-seat installation, child-care options and available resources. Each participant will receive a free layette for baby.

The Boots n' Booties Program is open to active duty service members, family members, DA Civilians, and retirees. To register or for more information, please contact Anne Shanks, family advocacy program educational specialist, at 788-3511/3878 or shanksap@monroe.army.mil.

The Soldier and Family Support Center is located in Quarters 1, 151 Bernard Road, Fort Monroe.

## Toys for Tots campaign

The "Toys for Tots" campaign is in progress at Fort Monroe. Organizations wanting to sponsor Toys for Tots at their holiday parties should call Phebe Morrow to let her know what day the party will be, where it will be held, and what time the Marines should arrive for toy pick-up. This year the deadline for toy donation pick-up is Dec. 15.



Photo by Patrick Buffett

## CCC's luncheon at Boxwood Inn Dec. 11

The Casemate Community Connection will hold its next luncheon Dec. 11, from 11 a.m.-1 p.m. at the Boxwood Inn in Historic Lee Hall Village in Newport News.

The buffet menu includes, hot cider and holiday punch spritzers; white cheddar cheese log with raspberry spread, green apple slices and ginger-snaps; beer cheese with celery sticks; layered salad; and carving stations of beef, pecan-smoked chicken breast and

herb-rubbed roast pork. Tiny bags of cookie bars and a coffee station will also be available.

Price is \$15. For reservations, call Barb Patterson at 223-7499 by Dec. 7. Seating is limited, so call early.

Directions to Boxwood Inn at 10 Elmhurst St., from Newport News/Hampton: take I-64 west to exit 247. Turn left on Yorktown Road. Turn right on Elmhurst Street. Parking is free.

**Photo: Ritza Dulchinos and daughter, Ariadne, 21 months, look at toys at the Casemate Community Connection's Fall Bazaar Nov. 15 at the Community Activities Center.**

The Toys for Tots website, <http://tradoc.monroe.army.mil/dcsrm/toysfor/toysfortots.htm>, contains specifics about toy donation guidelines, so please take a moment to view it.

For more information, or for toys pickup, contact Morrow by phone at 788-2729, or e-mail her at morrowp1@monroe.army.mil.

## The Nutcracker

Hampton Roads Civic Ballet will have performances at Kecoughtan High School, Dec. 6 at 10 a.m. (for the very young) and 7 p.m. (full performance); and Dec. 7 at 3 p.m (full performance).

Tickets are \$3 for students, \$7 for adults, and \$10 for scout, church or school groups of 10 children.

Call 722-8216 for more information.

## USO holiday show

A day of free food and entertainment will be provided by the USO to all military families in the Hampton Roads area Dec. 6, 10 a.m. - 2 p.m. at Hangar SP-2, Naval Station, Norfolk. Inflatable rides, a winter wonderland with Santa, Rudolph and Frosty the Snowman; and music by the U.S. Navy Show Band and Astro entertainment will be there to enjoy.

After the show, there will be an opportunity for command units to tape messages to loved ones who are deployed overseas. Messages and the holiday show will be taped and sent to Sailors deployed on the USS Enterprise.

For more information, contact Karen Licari at 289-5923 or kpliacari@cox.net.

## Cashore marionettes in Simple Gifts

Poignant scenes from everyday life are set to classical music as the Cashore Marionettes, renowned for their engineering and extraordinary manipulation, take audiences on a

journey of discovery. Performances will be held at the American Theater, 125 Mellen Street, Hampton Nov. 29 at 2:30 p.m. and 8 p.m., and Nov. 30 at 2:30 p.m.

Tickets are \$12 (half price for children under 12). Call 722-2787 for more information.

## Antibellum holidays at Lee Hall Mansion

Dec. 13, performers will provide interactive storytelling with holiday Civil War and African-American stories and traditions.

From Dec. 5 to 31, the public is invited to see Lee Hall Mansion decorated for the holiday season in a festive 1862 display. Guided tours incorporate holiday customs and are hosted every 30 minutes.

Admission is \$5 for adults, \$4 for seniors and \$3 for children 7 to 18.

Lee Hall mansion is located 123 Yorktown Road, Newport News.

For more information, call 888-3371 or visit [www.leehall.org](http://www.leehall.org).

## Encore Players

The Encore Players will perform 42nd Street Nov. 20, 21 and 22 at 8 p.m. at the Naval Amphibious Base theater, Little Creek. Matinees will be performed Nov. 22 at 1 p.m. and Nov. 23 at 3 p.m.

Tickets are \$12 for adults, \$10 for seniors, \$8 for active duty service members and \$6 for children 12 and under. Tickets are sold at the theater box office before each show, and advance tickets for reeve seating is available at the ITT Ticket Office at Little Creek.

Call 460-5152 (non-military guests) or 462-7793 for more information.

## Holiday celebrations in Virginia Beach

□Grand illumination - Nov. 29

Join Founders Inn for a jubilation of holiday traditions. Acres of sparkling lights, live merriment, music, horse-drawn carriage rides

and children's activities help celebrate Christmas.

□Light the yule log - Dec. 14

Take a glimpse into festive holiday celebration of the past on a candlelight tour of the historic Adam Thorogood House. Call 437-4700 for more information.

## Santa vs. Snowman

The Virginia Air and Space Center presents the hilarious 3D IMAX film about a snowman who is first swept away by the wonders of Santa's village but becomes jealous of Santa and starts a polar feud.

See this film Nov. 26, just in time for Thanksgiving. Tickets are \$7 for adults and \$6 for children (3-11), seniors (65+) and NASA and military personnel. A combination ticket that includes admission to the new Adventures in Flight gallery is also available. Call 727-0900, ext 703 for advance tickets. For showtimes and more information visit [www.vasc.org](http://www.vasc.org).

## At the Movies

Showing at the Langley Air Force Base Theater

Friday, Nov. 21

7 p.m. - Under the Tuscan Sky (PG-13)

Saturday, Nov. 22

7 p.m. - Intolerable Cruelty (PG-13)

Friday, Nov. 28

7 p.m. - Lost in Translation (R)

Saturday, Nov. 29

2 p.m. - Good Boy (PG)

Saturday, Nov. 29

7 p.m. - Beyond Borders (R)

All movies at 7 p.m. unless otherwise noted

Adults - \$2; Children 6 - 12 years old - \$1.50; and Children under 6 - free. (If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50.)



# History project tells story of American vets

**BY SGT. 1ST CLASS DOUG SAMPLE**  
AMERICAN FORCES PRESS SERVICE

WASHINGTON, Nov. 19, 2003 —The letters, memoirs, audio interviews and photographs are “everything that you could imagine,” said Ellen McCulloch-Lovell, director of the Veterans History Project, an effort begun by Congress two years ago to preserve the stories and memories of America’s war veterans.

The letters, she said, speak of combat and what war was like. There are also stories of pranks and funny misfortunes that occurred while veterans were on leave. But

most stories, she said, speak of the closeness and camaraderie within the military — “my buddies, my unit, and loyalty,” she noted, adding, “Loyalty is a very big theme.”

Another theme often written about is love and longing, she said, “you know, longing for the folks back home.”

McCulloch-Lovell pointed out that the project is stepping up efforts to ensure the words of thousands of veterans are told to an even greater audience. She said this month the Veterans History Project began airing a series radio broad-

cast called “Coming Home.” The series features the oral biographies of 18 war veterans who tell of their war experiences and life in the military. It’s being aired via Public Radio International, which develops and supplies noncommercial audio content to affiliate stations throughout the country.

McCulloch-Lovell said, “Nobody on the show is famous. It’s all the individual stories of people who served.”

The Veterans History Project has also expanded features on its Web site, to include more digitized letters, photos and individual stories.

Site visitors can now “see and listen to” the stories of 23 veterans, she said. And there is no shortage of stories to tell. In the two years since the project began, McCulloch-Lovell said interest by veterans wanting to share their stories has increased immensely. For the past year, her staff of about 15 has been receiving as many as 200 submissions each week at the project’s office, located inside the Library of Congress Folklife Center in Washington.

“I think the older veterans are not sitting back and waiting for someone to interview them,” she  
**(See PROJECT, Page 16)**

## SOLDIER **(Continued from page 5)**

a young child’s playhouse, but it is more commonly known to staff at the 28th CSH as the “Chief Cuddler.”

“We receive critically-injured patients who often suffer from mass amounts of blood loss,” Irby said. “With blood loss the patient’s temperature will start to drop. With this drop in temperature the patients lack the ability to stop the internal bleeding.”

Dr. (Capt.) Tracey Lyon, 32, from Wilton, Conn., a 28th CSH staff anesthesiologist, said the body needs heat to allow blood to clot.

The “Chief Cuddler” has been used most recently as Tuesday (Nov. 18) to raise an American soldier’s body heat by six degrees – adding to the names of soldiers able to live to tell their story.

Before Irby’s invention, the SICU ward used conventional methods of warming a patient with many blankets and lamps. “This was not a timely or effective method,” he said.

With the help of Maj. Michael W. Greenly, 36, from North Olmsted, Ohio, the head nurse of the SICU, Irby’s innovative and creative side came into good use.

Greenly then approached Irby with a hair dryer to see if there could be better way the common household device could be used to warm patients.

“He’s a jack-of-all-trades,” Greenly said about Irby. “He can take an ordinary item and turn it into anything we need to accomplish the mission.”

Under normal conditions, doctors and surgeons would use a “Bear Hugger” blanket, which incorporates small ventilation pipes distributing

warm air around the patient, said Lyon.

She said the hospital has been waiting four months for the arrival of the blankets, which cost more than \$900 each. In the mean time, the “Chief Cuddler” has been working hard to save lives.

“I constructed the ‘Chief Cuddler’ out of old cardboard boxes and Greenly’s hair dryer,” Irby said. “It creates a micro-environment of about 105 degrees and will bring a patient from about 90 to 98.6 degrees in about three hours, almost a three-fold decrease in time.”

Lyon said patients with low-body temperatures are unable to coagulate, and in this case, little cuts can kill a patient. Warming the body is the primary way of helping the body stop bleeding, she said.

“It’s awesome and it works,” she said looking at the awkward-looking blue box off to the side in the intensive care unit hallway. “It definitely has saved some lives.”

Irby said the box creates a small medical greenhouse, which allows the patient to stop bleeding on his or her own and allows for a more stable transport out of the country.

“We have seen soldiers safely evacuated to Germany, where we know they will receive definitive treatment and be able to see their families, thanks to all the personnel who work in the 28th CSH,” he said.

Already, the “Chief Cuddler” has assisted in saving over 20 lives since its creation, he said. Those lives are documented on the outside cover with each patient’s number, and the date and time it was used.

Irby said he gets the most satisfaction from

his job when he is able to save a life of a soldier who has been injured on the battlefield.

“The most important aspect of my job is that I am able to keep a highly critical-care area functioning,” he said. “I enable the officers and enlisted soldiers to accomplish the great care they provide to the soldiers who are injured defending us on the frontline.”

Additionally, Irby is responsible for maintaining expensive and sensitive medical equipment and ensuring that his staff has the critical supplies they need to accomplish the mission.

“He’s awesome because he is clinically competent,” Greenly said about Irby. “He knows how everything works, and he knows the needs of the hospital. Because he knows what we need, he is able to modify equipment to accomplish the mission.”

Just as important, Irby enjoys being a mentor. “I also provide guidance to my enlisted soldiers, and ensure that they leave here a more knowledgeable health care provider,” he said.

For Irby, being in Iraq for the past eight months has been what he has been training to do since joining the Army. Providing care, not only to American soldiers, but also to Iraqi civilians and detainees, has been a challenge.

“We have seen Iraqi civilians, who were in the wrong place at the wrong time, go from completely on life support, to be able to leave here and go back to their own families,” he said. “We have seen Iraqi detainees treated here, where the information they will provide may be more valuable in allowing the U.S. to accomplish its mission and send its soldiers back home.”

## STOP LOSS **(Continued from page 9)**

deployment until 90 days after their redeployed, according officials from the Office of the Deputy Chief of Staff, G1.

Soldiers not affected by this Stop Loss/Stop Movement program implementation include National Guardsmen and Reservists. Those Soldiers are already subject to a Reserve Component Unit Stop Loss program.

The RC Unit Stop Loss policy was approved in November 2002, by Reginald J. Brown, the Assistant Secretary of the Army (Manpower and Reserve Affairs). Stop Loss begins for RC Soldiers when the unit is first alerted and will last 90 days after demobilization.

There will be other categories of

Soldiers that will not be affected by this Stop Loss/Stop Movement program, such as, Soldiers on terminal leave or those being involuntarily separated from the Army, ODCS, G1 officials said.

Headquarters, Department of the Army also implemented a Stop Movement, feature to the Stop Loss program, which suspends permanent change of station moves for Soldiers assigned to units that will fall under the Active Army Unit Stop Loss Program, according to ODCS, G1 officials.

Instituting the Active Army Unit Stop Loss, Stop Movement and retaining the RC Unit Stop Loss is to provide equity for all components and ensure unit stability from alert,

through redeployment and demobilization, officials said.

The Army Human Resources Command remains the Stop Loss/Stop Movement exception to policy authority.

This decision, by Brownlee, also lifted the last two specialties affected by the All Component, 12-month Skill-Based Stop Loss program. The lift is for officers in the Information Systems Management Field, 53 and Explosive Ordnance Disposal specialists, 55D. This effectively discontinues the All Component, 12-month Skill-Based Stop Loss program for both the active and Reserve components.

Personnel whose military occupational specialty was lifted from the

All Component, 12-month Skill-Based program will have the opportunity to continue serving, if in good standing, or they may separate from the Army when they have fulfilled their yearlong commitment under Stop Loss.

By way of background, there have been five increments of Stop Loss in support of Operations Noble Eagle and Enduring Freedom, dating back to November 2001. Operation Noble Eagle involves Reserve component Soldiers who were mobilized to support homeland security.

However, the Army continually reviews all job specialties and units to make sure that readiness will not be adversely impacted, G1 officials said.

# Army still looking for corporal recruiters

ALEXANDRIA, Va. (Army News Service, Nov.18, 2003) — The U.S. Army Human Resources Command is still looking for volunteers for the Corporal Recruiting Program. The program began in 1999 on a trial basis and since has allowed privates first class and specialists to do one-year recruiting tours to tell

the Army story. “I feel that I’m doing as well as my counterparts with my youth and familiarity of the community being my biggest asset.” said Cpl. Nicholas Sholty of the Baltimore Recruiting Battalion. Sholty was born in Boonsboro, Md., where he

attended and graduated from Boonsboro High School in 1999. He was interviewed by a recruiter once in high school, but decided to walk in and join the Army in Sept. 2000 on his own after one year at the Hagerstown Community College. After attending entry-level training at Fort Benning, Ga. he was assigned to 17th Signal Battalion, Kitzingen, Germany, as a radio operator. He joined the corporal recruiting program five months ago. He has enlisted six soldiers so far; two from his high school, two old friends and two people he met while prospecting. He is currently assigned to the Hagerstown recruiting station in the vicinity of Boonsboro. The volunteer corporal recruiting program is open to interested privates first class and specialists who meet recruiter qualifications as outlined in Army Regulation 601-1. The qualification criteria can be accessed via the Internet at [http://www.USAPA.ARMY.MIL/PDFFILES/R601\\_1.PDF](http://www.USAPA.ARMY.MIL/PDFFILES/R601_1.PDF). Additionally, Soldiers must be single and have at least 24 months time remaining in service upon signing in at their Recruiting unit. The U.S. Army Human Resources Command will make the final corporal recruiter selections. Once selected, applicants will be scheduled for a six-week recruiting course at Fort Jackson, S.C. Corporal recruiters are assigned to recruiting areas near their hometowns. Other incentives include 38 promotions points for completing the recruiting course, \$450 a month in special-duty pay and the opportunity to select their next overseas assignment or assignment to any U.S.-based installation with at corps or division. Those interested in applying should contact their Retention NCO or call Sgt. 1st Class Mark Johnson at DSN 221-7902 or commercial (703) 325-7902 at Human Resources Command, Alexandria, Va. *(Editor’s note: Information provided by HRC Public Affairs.)*

## PROJECT

(Continued from page 15)

someone to interview them,” she said. “They’re sitting down and writing these remarkable memoirs and personal stories and are sending them to us. We have a memoir that’s 20 pages long. And we have another memoir that’s 900 pages long.” Still, she said, even with the increased flow of mail arriving daily, the project staff tries to read each story. “We try to see and read everything that we can,” she noted. “We can’t quite keep up with it, but we really try to be familiar with the individual stories in the collection.” The project director observed that the collection is missing letters and stories from soldiers currently serving in Iraq and Afghanistan. “Once they get back home, and get some rest, and their life has settled, I’m sure we’ll hear from them,” she said. On the importance of the Veterans History Project, she said that 100 years from now people will be able to look back and understand why veterans served. “A student, or family member or a historian, or journalist is going to be looking at this collection and understanding the experience of people who went through war and how it changed them and how it changed the country,” she said. “Certainly our goals are to collect and to preserve the stories,” she pointed out, “but I think we also have two very important goals — that we honor the service and that we educate future generations about what it’s like to serve.”